

MOMENTUM SENIOR COHOUSING

An Introduction to Cohousing
For 55 & Older & Allies



Who: We are a group of 55+ active adults working to establish a simple form of senior cohousing in the Bay Area.

We have researched the principles of successful cohousing, have investigated possibilities, and are currently considering the town of Pacifica for its beauty and affordability.

Our priorities are

- ❖ A balance of community and privacy
- ❖ Creative activities such as music, movement, arts, hiking, writing
- ❖ Striving for environmental sustainability
- ❖ Access to reliable transportation into San Francisco and other destinations

You are invited to come hear about our exciting project ~ and share your ideas and suggestions

When	Friday March 1 6:30 Snacks & conversation 7 – 8 Program
Where	Heart of San Francisco Aikido 2565 Third Street #309 SF
Donation	\$10 Suggested Donation

Cohousing is a cooperative neighborhood of homeowners who also share common facilities, combining community and privacy according to individual needs.

Cohousing can extend the years of independent living and reduce costs during retirement.



Core Principles of Cohousing

- ❖ Participatory Process
- ❖ Extensive Shared Facilities and Resources
- ❖ Non-Hierarchical Structure
- ❖ Separate Income Sources

Source: Durrett & McCamant, *Creating Cohousing: Building Sustainable Communities*

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